

Stop Focusing On A Single Macronutrient, Focus on Species Specific Nutrition!

By Joachim Bartoll | Dec. 19th, 2024

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Remember the misguided obsession that Chris Shugart of T-Nation has for protein? Well, the imbecile Matt Weik of the competing Ironmagazine is now trying to follow in Shugart's footsteps, and to be honest he stumbles quite a lot, as usual. Let's see what crap he scattered all over his poor readers this time.

"I was cruising the internet the other day and stumbled upon some information that I found interesting. The topic was that Americans are prioritizing protein in 2025 and that they want to improve their health.

Now, I don't know about you, but I hear this sort of thing around the same time every year. That said, most of the people I hear say it don't follow through and don't make any changes to their health and body composition the following year."

Actually, it's the same inverted "improve your diet/health" next-year-talk and promises being made every year, yet we see a deep decline in awareness of human nutrition and health for each year that passes among the larger part of the population. And while a few people might actually be trying to improve their diet and get healthier, their source of information on diet and nutrition is most likely part of the plant-based dehumanization agenda, recommending toxic plant-based edibles, supplements, and drugs — so they're no better off than they were gulping down highly processed fast food garbage. Sometimes they're actually worse off, as in becoming vegan or something similar retarded.

"But this new Chobani survey revealed that Americans are more focused than ever on improving their diets, with protein being a top priority. However, while the shift toward high-protein foods is encouraging, the survey also uncovered a troubling gap in nutritional knowledge that could be hindering their progress."

Are you serious, Matt? Chobani is a private American food company! A food company specializing in strained yogurt, also known as Greek yogurt, as in dairy products that are... wait for it... known for their protein content. Heck, they even follow the evil dehumanization agenda by specializing in extremely toxic and unhealthy plant-based "options," the perfect way to quickly destroy someone's health and ability to reproduce.

Chobani Food Company: A Private American Food Manufacturer

Founding: March 2005 (as Agro Farma) by Hamdi Ulukaya, a Turkish businessman

Headquarters: Norwich, New York, USA

Industry: Dairy products, with a focus on strained yogurt (Greek yogurt) and plant-based alternatives

Anyhow, while raw natural unprocessed dairy products are a good source of nutrition and beneficial bacteria, at least every now and then, the processed homogenized and pasteurized crap pushed by these companies are no more than a dead sludge of some damaged protein and added toxic artificial chemicals and bogus "vitamins." Yeah, something you should never consume.

Pasteurization, a widely used process to extend the shelf life of milk, has significant effects on its nutritional value and microbiological composition. When raw milk is pasteurized, it leads to:

1. **Vitamin destruction:** Most water-soluble vitamins, such as vitamins B1, B6, B9, B12, and C, are minimally lost during pasteurization (1). However, the heat treatment can still result in a significant reduction of these vitamins, potentially affecting the nutritional quality of the milk (2).
2. **Protein denaturation:** Pasteurization can alter the structure and function of milk proteins, such as casein and whey proteins, making them less bioavailable and potentially affecting their nutritional value (3).
3. **Killing of beneficial bacteria:** Pasteurization eliminates all beneficial bacteria, including probiotics, that are naturally present in raw milk. These beneficial microorganisms play a crucial role in maintaining a healthy gut microbiome and immune system (4).
4. **Loss of food value:** By destroying beneficial bacteria and altering protein and vitamin structures, pasteurization can be seen as "killing the food," leaving behind a subpar and poor substitute.

If there actually were a shift in consciousness towards more protein, the source of that protein is of utter importance, as in meat and eggs, and the occasional unprocessed dairy item. Anything else is pure toxic poison. The source is critical.

Protein Sources: According to biology, physiology, and biochemistry, high-quality and bioavailable protein sources that are free of plant toxins, antinutrients, and damaging fiber are limited to animal-derived products.

- **Meat:** Provides a complete protein source with all essential amino acids.
- **Eggs:** Considered a complete protein source with high bioavailability.
- **Raw Milk (Dairy):** Contains high-quality protein, such as casein and whey, which are rich in essential amino acids.

“That being said, I will tip my hat to those out there who have put in the time to learn more about nutrition and protein in general. I feel Americans are much more educated on this topic than they were many years ago, yet we still have a long way to go in this country.”

Are they really, Matt? Considering the sources of information in today's society, I would say the opposite. They are much more indoctrinated, conditioned, and dumbed-down than they were many years ago, just like the rest of the population in any “developed country.”

“The Chobani survey found that over half of U.S. consumers are actively seeking to increase their protein intake, with a strong preference for low-sugar, natural options. This has been a push for quite some time, but many Americans fall back to their old eating habits.”

So, you're really going to roll with a survey from a food company — from paid “people” who benefit from producing cheap toxic crap to feed the slaves and keep them sick so their companions in the “healthcare industry” and “pharmaceutical industry” can profit on pretending by “treating” their detoxification and healing symptoms?!

And what is “low-sugar?” Most people do not even understand that any carbohydrate is sugar. It does not matter what the carbohydrate source is, it will all be turned into toxic glucose, as in “blood sugar,” doing the same damage. The slightest elevation in blood sugar (blood glucose) above normal levels maintained by gluconeogenesis is extremely harmful to all our soft tissues, including our organs — and that happens every single time you consume carbohydrates, no matter the source. The more you consume and the more frequently, the more damage done. Not even dieticians, nutritionists, or any health practitioner or coach understand this extremely simple concept. Its basic introduction level biology and physiology, and glucose’s damaging properties are very well documented in biochemistry.

When blood glucose levels rise above normal levels, as maintained by gluconeogenesis, it can cause damage to soft tissues. This is a common complication of diabetes, a condition characterized by high blood sugar levels. Elevated blood glucose levels can lead to a range of serious complications, including:

- **Heart Disease:** High blood glucose levels can damage blood vessels, increasing the risk of heart disease, heart attacks, and strokes.
- **Nerve Damage (Neuropathy):** Prolonged exposure to high blood glucose can damage nerves, causing numbness, tingling, and pain in hands and feet.
- **Kidney Disease (Diabetic Nephropathy):** Uncontrolled blood glucose levels can damage kidneys, leading to kidney failure and the need for dialysis.
- **Gum Disease (Periodontitis):** High blood glucose levels create an environment conducive to bacterial growth, increasing the risk of gum disease and tooth loss.
- **Dementia:** Research suggests that elevated blood glucose levels may contribute to the development of vascular dementia, a type of dementia caused by decreased blood flow to the brain.
- **Mood Disorders:** High blood glucose levels have been linked to an increased risk of depression, anxiety, and other mood disorders.
- **Eye Problems:** Prolonged hyperglycemia can damage blood vessels in the eyes, leading to conditions such as diabetic retinopathy, cataracts, and glaucoma.

"However, this is obviously a significant shift, as it reflects growing awareness of the importance of balanced nutrition moving into the new year. High-protein products, such as Chobani's latest line of Greek yogurt cups and drinks (offering 15 to 30 grams of protein per serving), cater perfectly to this demand."

You call "seeking to increase protein and going for 'low-sugar' alternatives" balanced nutrition? What about the extreme importance of animal fats, or vitamins, or minerals?

Also, seeking out "low-sugar" alternatives means going for ultra-processed garbage that is filled with sweeteners, thickeners, stabilizers and other chemicals. They are just as deadly, if not even more so.

And then you had to plug Chobani's processed crap? Are you sponsored by this evil company?

If you seek to increase protein, you should go for meat and eggs so you get all the other essential nutrients that you need; the essential nutrients that are only available in animal foods.

And while they are present in raw milk, the heated/pasteurized milk used to make these processed Greek yogurt items have been totally destroyed by the manufacturing process.

"However, the survey also uncovered a disconnect: while people want to make healthier choices, many lack the knowledge to do so effectively. For example, some Americans struggle to differentiate between protein sources or understand the daily recommended intake. This knowledge gap suggests that while intentions are good, more education is needed to help people make informed dietary choices."

I already mentioned this. And who should provide this education? Absolutely not any of the official channels that have deceived and poisoned the population for the last 150 years. And since you Matt have been indoctrinated and totally

brainwashed by said channels, I highly doubt that you can give any kind of substantial recommendation.

“Why is protein so important? This macronutrient is essential for muscle repair, immune function, and hormone production. It also helps maintain satiety, which can aid in weight management — a significant factor given the rising obesity rates in the U.S. (currently nearing 50% of American adults).”

There is no such thing as an “immune function” or an “immune system.” I’ve explained this hundreds of times and even had to correct little Shugart on the same very simple topic. Contagion is a clever evil little hoax, simply blaming the result of something as the cause. What these lying bastards call an “immune system” are simply our detoxification and healing processes. Anyone who has spent a few minutes doing real research should understand all this. And yes, protein is needed for both of these processes, but so are animal fats and several vitamins. Always look at the larger picture, Matt.

As for satiety, I have debunked that misconception as well. You only get hungry or experience cravings if you have nutrient deficiencies, and in that scenario due to slower digestion and absorption, protein rich food is only a temporary band-aid, it does not address the real problem, that of malnutrition due to a crappy diet.

According to biological and physiological principles, **hunger is a signal from the body indicating the development of nutrient deficiencies**. This sensation motivates the consumption of food to replenish essential nutrients, including:

1. **Protein:** necessary for maintaining and repairing tissues, organs, and bodily functions
2. **Fat:** crucial for energy storage, hormone production, and brain function
3. **Vitamins:** vital for various metabolic processes, such as energy production, immune function, and gene expression
4. **Minerals:** essential for maintaining proper bodily functions, including nerve and muscle function, hydration, and bone health

Contrary to popular belief, **carbohydrates are not essential for humans**. The human body can synthesize glucose from other sources, such as protein and fat, when necessary.

It's actually a very dangerous approach, just like using drugs, medicines, or remedies, as you only temporarily address the symptoms, as in being hungry, but you do not address the problem, that of lacking essential nutrients. And so, your body will continue to struggle and take damage and down-regulate processes to try and keep you alive as time goes on and these deficiencies become worse and worse. You're simply digging a deeper and deeper hole for yourself, and eventually you will fall in and break into a thousand pieces.

Matt, it just sounds like you're parroting Shugart, and he's pretty clueless as well.

"In addition to these benefits, protein supports metabolic health and tissue repair, making it crucial for people of all ages. For active individuals, protein is indispensable for muscle recovery and performance. Meanwhile, older adults rely on it to prevent age-related muscle loss (also known as sarcopenia)."

Yes, Shugart mentions this in every one of his protein-focused articles, and I have probably reviewed more than ten of them, correcting him all the way in every

single one.

And while this is correct, you do not need much protein to fulfill these requirements — as long as you get protein from the right sources, as in animal foods.

“The good news is that the increasing availability of high-protein foods, such as yogurt, protein bars, and protein shakes, makes it easier than ever to incorporate this important nutrient into daily meals and snacks.”

For f**ks sake. These items are not real food, they're ultra-processed snacks and supplements. Frikkin' protein bars, as in candy bars with an added scoop of low-quality protein powder. Jeez.

Based on the principles of biology, physiology, and biochemistry, protein bars and flavored protein enriched yogurts can be classified as ultra-processed foods.

Novel ingredients: Protein bars and flavored protein enriched yogurts contain novel ingredients not typically found in whole foods or minimally processed foods. These include:

- Hydrolysed proteins, soya protein isolate, gluten, casein, whey protein, and mechanically separated meat (characteristic of ultra-processed foods)
- High-fructose corn syrup, hydrogenated or interesterified oils, and other food substances of no or rare culinary use

Lack of whole food components: Both protein bars and flavored protein enriched yogurts have been stripped of their natural fiber, vitamins, and minerals, and often contain added sugars, unhealthy fats, and salt. This is in contrast to whole foods, which typically retain their natural nutrient profiles.

Palatability and convenience: These products are designed to be highly palatable and convenient, with added flavors, textures, and packaging that enhance their appeal. This is a hallmark of ultra-processed foods, which prioritize taste and convenience over nutritional value.

Seriously Matt, if anyone needs to bump his or her protein intake, it means that their diet is complete shit, because animal foods are the ultimate source of protein and all other essential nutrients. So a low-protein diet equals a low animal-food diet, and that is very bad. Simply adding some yogurt, a protein shake, or a low-quality protein/candy bar will not improve that diet. It might give a few more grams of protein, but being low in animal foods, the diet still lacks in everything else, especially the much more important animal fats and vitamins.

Low-Protein Diet Implications: According to biology, physiology and biochemistry, a diet low in protein is equivalent to a diet low in animal foods. This is because animal products like meat and eggs are rich in high quality, bioavailable protein. As a result, a low protein diet is also likely to be low in essential nutrients, as animal foods are considered the primary source of all bioavailable nutrients.

However, if you were to recommend beef or meat from any ruminant animal, and perhaps some eggs, that would not only increase protein, it would also add in all essential nutrients that the body needs, increasing the quality of the diet manifold. Again, food sources matter.

According to biological, biochemical, and physiological principles, a diet consisting of animal based foods, which is in line with humans' natural evolutionary history, ensures that all essential nutrients are fully bioavailable and present in the optimal ratios. This means that it is theoretically impossible to develop nutrient deficiencies when following such a diet.

"While Americans are clearly motivated to improve their diets, the Chobani survey highlights the need for greater education about nutrition. For instance, many people are unaware of the difference between complete and incomplete proteins."

Yes, they are. But that dive into protein chemistry is still missing the point of overall nutrition and the extreme importance of remedying nutrient deficiencies and lowering the toxic load from non-human food items such as plants and processed foods. These are things that really matter.

"Complete proteins, found in animal based products like dairy, eggs, and meat, provide all essential amino acids. Plant-based proteins, while valuable, may need to be combined to ensure a complete amino acid profile."

Plant based options are NOT valuable they are toxic and destructive to human physiology, you little twat! The human race, like any animal, is a specific species, and all species have a specific diet that they are physiologically made for. Do you see Lions hunting for plants, roots, leaves, or a frikkin' Caesar salad? Of course not. And according to biology, physiology and anthropology, humans are obligate hyper carnivores, and that is an undeniable fact. And that also means that we need a carnivorous diet to be at our healthiest and best. No frikkin' toxic plants, Matt, ever.

According to biological and physiological principles humans, like any other species, have a species specific and species appropriate diet. The search results confirm that humans are obligate hyper carnivores, meaning they require a diet consisting mainly of animal based foods to thrive.

- A diet consisting only of animal based foods, such as meat, fish, eggs, and dairy products, is best suited for humans.
- Consuming plant based foods including fruits, vegetables, and grains, is not necessary or beneficial for human health.
- The traditional notion of humans as omnivores or facultative carnivores is incorrect and a diet that includes animal products is essential for optimal human nutrition and well-being.

Note: The search results do not support the idea of humans as facultative carnivores, which would allow for a diet with a significant proportion of plant based foods. Instead, the evidence suggests that humans are obligate hyper carnivores, requiring a diet dominated by animal based foods.


Chemical Differences: According to biology and biochemistry, plants are chemically different from humans, which affects the bioavailability of their nutrients.


- **Bioavailability and Conversion:** The nutrients in plants are not readily bioavailable to humans, and the conversion process can lead to oxidation, which may cause harm to the body.
- **Toxic and Damaging Defense Chemicals:** Plants contain toxic and damaging defense chemicals, such as phytochemicals, which can have both positive and negative effects on human health.
- **Antinutrients and Heavy Metals:** Plants also contain antinutrients, which can interfere with the absorption of nutrients, and heavy metals, which can be toxic to humans in large amounts.
- **Pesticide Residues:** Additionally, plants may contain pesticide residues, which can be harmful to human health if consumed in excess.

And trying to combine plants to “balance” or “improve” the amino acids does not work in real life, because each single plant contains fiber and antinutrients in different quantities that bind up the protein content. In other words, you have no idea of what little protein that can actually be absorbed and converted from each plant. The labels based on test tube extractions might say one thing, but our body works in a totally different way. And not only does these things vary in each plant, every human who has consumed plant-based edibles have various degrees of intestinal damage, reducing the ability to absorb any kind of “nutrients,” especially from toxic and damaging plants. So, the ability to extract, absorb, and convert some compound to something useful differs among every single person. So, trying to get a better “amino acid profile” by combining useless plants is futile, it’s a fool’s errand.

Protein Absorption and Utilization According to biology, physiology and biochemistry, the amount of protein that can be absorbed, converted, and used by the body is uncertain due to the varying amounts of fiber and antinutrients in plants

- **Fiber and Antinutrients:** Fiber and antinutrients in plants can affect protein digestion and absorption, making it challenging to determine the exact amount of protein that can be utilized by the body.
- **Digestive Health** Digestive health is also a crucial factor, as it can impact the body's ability to absorb and process proteins from plant-based sources
- **Combining Plants for Amino Acid Profile** Given these uncertainties, it is impossible to combine plants to achieve a desired amino acid profile, as the bioavailability and absorption of protein from different plant sources can vary significantly.

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Definitions of Health Terms

 ncbi.nlm.nih.gov
Biochemistry, Nutrients


+ 1 more

leez, this is simple biochemistry. Heck, even the most basic understanding of biology and a little bit of common sense would do.

"Another common misconception is that more protein is always better. The reality is that protein needs vary depending on age, activity level, and health goals. Educating consumers on these nuances can help them make smarter choices."

This does not matter for the average population if you follow a human species appropriate diet of animal-based foods. As you will get all the nutrition you need,

and the body can either store any surplus or discard it, as it enters the body in a fully bioavailable format. You can never get too much of anything as long as it's bioavailable and bioactive, as in the nutrients only found in animal foods.

The Body's Nutrient Utilization Process

The body uses a specific amount of each nutrient or compound to perform its various functions. **If the intake of a particular nutrient or compound exceeds the body's current needs, the excess will be either stored or discarded.** This is because the body has a limited capacity to utilize excess nutrients or compounds.

In biology and physiology, it is well-established that when the body receives excessive amounts of a bioavailable nutrient, primarily from animal-based sources, it can effectively break down and eliminate the surplus. This process ensures that the body maintains homeostasis and prevents toxicity.

"To provide an example, I wouldn't give a bodybuilder that I'm training for hypertrophy the same amount of protein as a 65-year-old female client who wants to preserve her lean muscle mass and stay in shape."

I sincerely hope that you do not coach or train anyone, or that person will suffer tremendously. Also, that silly example is only relevant for those trying to build muscle mass. The general population would only need to follow an animal-based diet to be healthy, and they would never need to worry about getting too much or too little protein — or any other nutrient for that matter. Eat your meat, have some eggs, and eat to satiation, and you'll be golden.

They're not!

"Food companies are stepping up to meet consumer demand for healthier options. Chobani's high-protein Greek yogurt is a prime example, offering convenient, nutrient-rich choices that align with health-conscious lifestyles."

What? Are you shilling for the evil food industry now, Matt?

Chobani's high-protein Greek yogurt is not a "nutrient-rich" nor a healthy food/snack. It's processed garbage. Destroyed milk with added chemicals, protein powder, and artificial extremely toxic vitamins. For example, the ingredient list reads as, cultured lowfat milk, water, vanilla extract, chicory root fiber, natural flavors, lactase**, fruit pectin, sea salt, stevia extract, guar gum, lemon juice concentrate, locust bean gum.

Ingredients

Cultured lowfat milk, water, less than 2% of: vanilla extract, chicory root fiber, natural flavors, lactase**, fruit pectin, sea salt, stevia extract, guar gum, lemon juice concentrate, locust bean gum. **Ingredient not found in regular yogurt.

Heck, due to the destroyed low fat milk, they can't even make it into a yogurt and have to add the extremely dangerous guar gum and locust bean gum to make it creamy, stuff that continues swelling inside of you and also blocks nutrient absorption.

The swelling of guar gum and locust bean gum inside the stomach can slow down gastric emptying, delaying the passage of food from the stomach into the small intestine. This prolonged residence time in the stomach can lead to:

1. **Reduced nutrient absorption:** The slowed gastric emptying allows more time for the fibers to interact with nutrients, potentially reducing their absorption into the bloodstream. This is because the fibers can bind to and inhibit the uptake of nutrients by intestinal cells, thereby decreasing their bioavailability.
2. **Impaired nutrient transport:** The viscous nature of these fibers can also impede the movement of nutrients across the intestinal epithelium, further compromising their absorption.

"This trend extends to plant-based alternatives, which are gaining traction as more people adopt vegetarian or flexitarian diets. Whether it's soy, lentils, or pea protein, these options provide a sustainable way to boost protein intake while supporting environmental goals."

These are extremely toxic processed garbage items. None of them should ever be consumed by a human, not even fed to a herbivore animal.

And please stop with the "environment" nonsense. Only juvenile and mentally handicapped vegans would fall for the climate hoax. Simply mentioning it is embarrassing.

After this Matt goes on about prioritizing protein by focusing on quality over quantity, portion sizes, and funny enough "minimally processed options," just after he previously mentioned protein bars and yogurts. What a clown.

And then he ended his article with...

"I'm trying to do my best by writing content to help my audience learn and improve their health and nutrition. But if people were more willing to share vital information they find with others, we could get the information out to more people and truly make a difference."

No, Matt, please stop. Your content is abysmal and I lost count of how many times I've had to correct you and cite real-world science. You're totally clueless.

We need to get the right information out there, and that is that humans are obligate hyper carnivores and the only way to be healthy is to follow an animal-based diet, and to be really thriving and reach our potential, we need to follow a carnivorous diet. I have tons of articles on this, all backed up by real science and common sense.

If you need help with any kind of health problems or transitioning from your current way of eating to our natural species-appropriate, species-specific way of eating, I'm available for both coaching and consultation.

Coaching and Consultation

And if you found the article and my insights helpful and enjoy my daily free information, please consider donating to help pay the webhosting bills and keep the site running. And if you're interested in discussing and sharing information with likeminded people, consider joining our uncensored community at Ungovernable.se. Thank you!



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